



## 'Red 2' Group Criteria – 20011/12

This group is for swimmers, generally under 12 years old, who are committed to swimming as a sport, have sufficient skill and stamina to 'learn to train', and are achieving, or are assessed to have the potential to attain Regional Championship standard.

### Performance Criteria

- Automatic - A swimmer 12/under with a County Qualifying Time in two 200m events.
- Consideration – Coaches Discretion based on skill and training levels along with commitment.
- Failure to adhere to these Group criteria may result in a swimmer being moved to another group.

### Attendance

- Minimum of 3 sessions per week averaged over the whole season.
- Swimmers must attend any associated land conditioning sessions (if provided).
- Swimmers are advised to take family holidays/school trips during the shutdown periods or outside of this time only with agreement as these periods of absence will count towards attendance.

### Equipment

Swimmers must purchase and bring the following to every training session:

Standard rigid rectangular Kickboard (no Hand Holes) Short Training Fins (that fit comfortably, not odd shaped fins!) Goggles (adjusted and non leaking) + spare pair Club or Plain Swimming hat + spare (girls + long haired boys) Pull buoy	Hand paddles (Appropriate size, speedo power paddles are ideal) Drinking bottle (full) Asthma inhaler (if prescribed)
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### Competition and Training Requirement

- Open Meets as advised by Coaches. (meets may require travel and overnight stays)
- Swimmers will not enter meets outside of the targeted meets to prevent over competition and interference to the training and development program.
- Represent the Club in any league or series meets if selected.
- Enter into County/SWR/National Championships for the Club if qualified
- Completion of log book to record meterage.

### Behaviour & Attitude

In addition to the published code of conduct swimmers must:

- be ready to swim a minimum of 5 minutes before the session start time after poolside warm up.
- Attend any pre-arranged poolside warm ups which may start 15 mins before the pool session.
- Inform the coach of any medical problems that may affect swimming or training performance.
- be prepared to swim the session provided by the squad coach with enthusiasm and with respect for the coach and other swimmers.
- behave in an appropriate manner to other swimmers, parents, coaches, personnel of the Leisure Centre whether in the pool, around the pool, in the changing rooms, or outside the Leisure Centre
- show positive team spirit.

### Information & Communication

- Information will be posted on the Club website when available. It is the responsibility of swimmers and parents to monitor the Club website ([www.southwoldswimmingclub.com](http://www.southwoldswimmingclub.com)) for new information.
- Parents are reminded that coaches are not responsible for swimmers if a session is cancelled or a swimmer has to leave a session early.
- Unplanned training absences for whatever reason should be notified to the Head Coach.
- Swimmers and parents must attend any pre-notified group meetings.